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APPLE Tips

Western Kentucky University

A Planned Program for Life Enrichment

Volume 1 Number 2

"An ounce of prevention is worth a pound of cure."

Winter 1989

STAGE SET FOR NATIONAL COLLEGIATE DRUG AWARENESS WEEK

Every year, National Collegiate Drug Awareness Week (NCDAW) is scheduled on campuses across the nation to focus attention on various aspects of alcohol and other drug use and misuse. This year, Western Kentucky University students, faculty and staff will have the opportunity to benefit from a week-long schedule of activities which have been planned by Residence Life staff members.

The opening ceremonies will feature the B.G. PRIDE Musical Group, performing songs and dance to convey the message that life is a celebration drug-free. The PRIDE musical group is comprised of about 30 of the 200 student members in the "parent" organization at Bowling Green High School. Formed in January, 1987, the musical group performs plus conducts rap sessions in the elementary and junior high schools in Bowling Green.

Monday evening, Western's Public Safety Department will set up displays and lead discussions about various drugs and drug use. These discussions will be hosted in the residence halls according to the schedules posted on fliers around campus.

SCHEDULE OF EVENTS

February 6 - 12, 1989

MTWThF

11:00 a.m. - 1:00 p.m. Information Table DUC Lobby

Monday

12:45 a.m. - 1:45 p.m. Opening Ceremonies DUC
PRIDE Theater Group Theater

6:30 p.m. - 8:30 p.m. Public Safety Drug Residence
Demonstrations Halls

Tuesday

7:00 p.m. - 9:00 p.m. Panel Discussion West Hall
Cellar

Wednesday

10:00 a.m. - 3:00 p.m. Sportathon '89 Diddle
Arena

Thursday

Halftime Closing Ceremony Diddle
Basketball Game Arena

Tuesday evening, a panel of people who are recovering from drug dependency plus area professionals will explore getting "hooked",

why some people become drug dependent and others don't, what it takes to "get free" and where people who might have a drug problem can find help in the community.

CHILDREN OF ALCOHOLICS: PATTERNS WHICH REPEAT

- * 1 out of every 6 families in the U.S. is directly affected by alcoholism.
- * 50-60% of all alcoholics are also children of alcoholics (CoAs).
- * Biological offspring of alcoholics are the group at highest risk for alcoholism, even when they are raised in a non-alcoholic environment.

- * Only 5% of adult children of alcoholics (ACoAs) are receiving help in understanding and coping with their problems.

Alcoholism is a family disease and no family member is immune from its effects, which can be devastating. CoAs have grown up in an environment of acceptance of drug abuse (alcohol or other drugs)

(continued on page 3)

The Sportathon, scheduled to be held during the day in Diddle Arena on Wednesday will give the message to "Get high on exercise--and life!" (It's a lot safer than drugs). Proceeds from this event will go to the Muscular Dystrophy Association, so Hilltoppers who participate will have the chance to exercise the positive addictions of health and helping others, at the same time as winning prizes.

(continued on page 3)(CO

Legislative Briefs

The **1988 Drug Omnibus Act** passed by Congress and signed into law by President Reagan calls for an expansion of drug prevention and treatment programs serving women and intravenous drug users. Funding for prevention programs is to remain stable at 20 percent. Support for professional and teacher training is also mandated, along with a \$100 million funding increase for the drug-free schools and communities program.

The U.S. Congress has adopted legislation requiring the placement of **warning labels on all alcoholic beverages**, as part of the 1988 Anti-Drug Abuse Act. Within a year of being signed into law, the following label will be placed on all containers of beer, wine (including wine coolers), and distilled spirits sold in the U. S.:

GOVERNMENT WARNING: 1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects. 2) Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery and may cause health problems.

Labeling advocates have lauded the action, but have expressed concern that the message given about the health risks of alcohol is not strong enough.

A recently passed **veterans bill** (S.2049) provides that the "disabling effects of chronic alcoholism shall not be considered the result of willful misconduct". This bill enables recovering alcoholic veterans to

apply for an extension of educational benefits without the threat that benefits will be unjustly denied due to their illness being assigned the stigmatizing label of "willful misconduct". This bill promotes the understanding of alcoholism as a treatable disease.

Two third year UK medical students working with the Lexington Urban County Council and supported by the UK medical community, advocated the passing of an **ordinance which requires that posters warning pregnant women** about the dangers of alcohol use be displayed where alcoholic beverages are sold. Alcohol use during pregnancy can result in fetal alcohol syndrome, which causes low birth rate, physical abnormality, and mental retardation. It is the No.1 preventable cause of birth defects. A How-To guide published by the Center for Science in the public interest, "Alcohol Warning Signs: How to get Legislation Passed" will be available in the A.P.P.L.E. Library shortly.

APPLE UPDATE

The WKU Athletic Department in conjunction with the A.P.P.L.E. Project is introducing a **mandatory drug education seminar for all university athletes** called "Calling Your Own Shots". This seminar will address why athletes are at special risk for drug use, effects and risks of performance enhancing drugs as well as recreational drugs, and problem recognition, intervention and prevention. The basis of the seminar will be the NCAA 4-part video series "Athletes At Risk", plus supplemental materials.

A **survey to determine patterns of student drug use** at Western is being conducted by A.P.P.L.E. 1000 student will be surveyed by a random class sample. The surveys will be administered during the week of February 3-7.

Dr. Glenn Lohr, of the Department of Health and Safety is the project evaluator who will be administering the survey.

A **student awareness group for campus alcohol and drug education and prevention**, is now being formed. Twenty interested students attended the formation meeting on January 24. Bylaws are now being drawn up. At the next general meeting, scheduled for Tuesday, February 4 at 3:30 in Academic Complex Rm 107, the bylaws will be ratified and officers selected, to be submitted to the University for approval. The meeting will be open to all interested parties.

WINE COOLERS NOT "SOFT"

The fruit juice base of wine coolers makes them seem almost healthful, or at least more like soft drinks than alcoholic beverages. Because they are not perceived to be alcoholic, wine coolers have emerged as a drink of choice for many young people. The media has encouraged the use of wine coolers by young people, including those under the legal drinking age, by designing advertising campaigns which appeal to young interests.

Wine coolers are causing a stir in other countries as well as in the U.S. In Australia, public concern and pressure caused a cooler manufacturer to change labeling, packaging and other marketing strategies to be less attractive to young people. The alcohol content will also be reduced from 4-7% to 1.5-3.5%, or about the equivalent of a light beer. California's Wine Institute has taken a similar step by revising its voluntary Code of Advertising Regulations to disallow any form of advertising that: 1) appeals especially to young people under the drinking age; 2) features sports celebrities, entertainers, etc.; 3) shows the product in conjunction with use of motorized vehicles; or 4) is directed to pregnant women.

APPLETIPS is published at Western Kentucky University bimonthly during the academic year. It is the newsletter of the A.P.P.L.E. (A Planned Project for Life Enrichment) Project for alcohol and drug education and prevention, under the direction of Student Health Service. Subscriptions are free. News contributions are solicited. News items or articles should be sent in at least two weeks prior to the next publication date. For additional information, call A.P.P.L.E. at (502) 745-6438. The A.P.P.L.E. Office is located on the 2nd floor of the Student Health Services in the Academic Complex.

Editor: Nancy Givens, A.P.P.L.E. Coordinator.

CHARACTERISTICS OF CHILDREN OF ALCOHOLICS

- * have trouble developing trusting and intimate relationships
- * may do poorly in school, have few friends and frequently get into trouble, resulting from low self-esteem
- * may become overachievers, but at the expense of personal needs
- * have dependent personalities and are terrified of abandonment; will do anything to hold onto a relationship, good or bad, not to experience these feelings
- * confuse love and pity and often choose as a love object someone who needs to be "taken care of" rather than someone who is autonomous
- * are at high risk to marry an alcoholic and/or to become an alcoholic themselves
- * may be likely victims of sexual assault

(CoAs continued from page 1)
abuse. They must adopt to the chaos and inconsistency of an alcoholic home. CoAs develop coping mechanisms to relieve the unpleasantness of the family environment. They may assume the role of "peacemaker" or take on responsibilities for which they are not prepared in order to help the family survive. In so doing, they suppress their own feelings and needs as children.

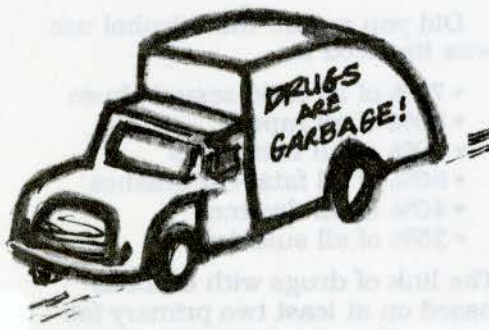
As they grow up, the "cost" to these individuals is high. An inability to trust self and others, an extreme need for control, and an excessive sense of responsibility are common characteristics of ACoAs. Low self-esteem, dissatis-

faction, depression, isolation, difficulty in forming or maintaining satisfying relationships and guilt may result.

Patterns which are learned in an alcoholic home are part of an intergenerational legacy. According to Cathleen Brooks, author of *The Secret Everyone Knows*, these patterns can be passed on from generation to generation whether or not the CoAs become alcoholic themselves, due to the flawed parenting skills that are learned from adult parents.

ACoAs are prone to a wide range of clinical and subclinical problems, including anxiety, depression, eating disorders, learning disabilities, and a variety of stress related medical problems. Above all ACoAs run a special risk for developing alcoholism themselves, a risk four times higher than that of the general public.

An ACoA support group is being formed through the campus' Counseling Services Center in 408 Tate Page Hall. To find out more about this group and when it will meet, call Sandra Starks at (502) 745-2159.



Don't mess up your life.

NEW APPLE RESOURCES

Cocaine—A Deadly Elective, pub. by the University of Pittsburgh. Students in interviews, Delvin Williams, former NFL pro-football star, and professionals reveal attitudes and discuss the effects of cocaine on health, career and reputation.
1/2"VHS, 25 minutes.

To Your Good Health: Women and Drinking, pub. by by Wellesley College's Project WAIT (Wellesley Alcohol Information Theater) presents six short vignettes which explore issues relating to women and alcohol use, including sexual roles, family patterns, relationship problems, peer pressures, denial, sexual victimization, etc.
1/2"VHS, 18 minutes

Twelve Steps, published by Hazelden Publishing, presents the twelve steps in the treatment model which is the basis of Alcoholics Anonymous (AA), Narcotics Anonymous (NA) and the many other Anonymous groups. This model, which calls for a spiritual renewal, has revolutionized treatment for people who are recovering from dependency.
1/2"VHS, 36 minutes

Not Me!, distributed by J.C. Penney, is an excellent and realistically portrayed drama about crack/cocaine use and abuse by young people. The film presents no solutions but is intended to raise awareness and to encourage discussion.
1/2"VHS, 55 minutes

(NCDAW continued from page 1)
Participants' instructions can be obtained at residence halls' desks.

NCDAW will be wrapped up with a closing ceremony during the halftime at the Thursday night basketball game. Information tables will be set up from 11:00 a.m. to 1:00 p.m. daily in DUC lobby. With all of these great activities planned, don't be "a sitting duck". Join the fun!

Smokeout Followup

Followup calls to campus participants in the Great American Smokeout, a one-day break from tobacco for smokers, chewers and dipper which was held on November 17 last year, has so far not turned up any long-term quitters. Many do claim to have cut back on consumption. About half of the participants have thus far been reached.

For Smokeout participants and other campus smokers alike, here are some "tidbits" which may help to motivate you to try again:

- * Two recent independent surveys of the U.S. Office of Smoking and Health (OSH) and the Centers for Disease Control (CDC) have confirmed that the prevalence of adult smoking has continued its decline from almost 50% at its peak to less than 25% in 1986.
- * Kentucky has the dubious distinction of having the highest smoking rate and the highest smoking-related death rate in the nation. West Virginia comes in a close second.
- * Sales of smokeless tobacco products declined 6.2% in 1986, attributable in part to new health warnings and increased taxes on smokeless products.
- * The California State Community College Board on Athletics banned the use of any type of tobacco by athletes and athletic staff during competitions. The NCAA is also considering adding tobacco to its list of banned substances.

If you want to quit but are still finding it hard to do so, think about how the tobacco industry is helping to keep you "down". The tobacco industry was the highest payor of speaking honoraria to Congress in 1985-86 (latest figures available) and may still be, according to Common Cause. The industry also tops the money

spent on advertising. Tobacco conglomerates Phillip Morris Company and NRJ Nabisco (Reynolds Tobacco) ranked second and third among the largest purchasers of media space in 1986, according to Advertising Age.

Motivation is a key to being able to successfully quit smoking. Keep working at building your motivation. Remember that most smokers quit several or many times before they succeed in quitting permanently. Each failed attempt is another lesson learned! The A.P.P.L.E. Project plans to offer a Stop Smoking program next year for smokers who would like some help.

Marijuana Smoking Hard On Lungs

Most people are aware of the serious health risks of smoking cigarettes. But did you know that the respiratory burden in smoke particulates and absorption of carbon monoxide from smoking one marijuana "joint" is approximately four times greater than from smoking a single tobacco cigarette.

A study by two UCLA researchers attributed these findings, in part, to the differences in the smoking "dynamics" between the two substances. Marijuana smokers take a larger pull, inhale deeper and hold the smoke longer than tobacco smokers. Marijuana smoke also carries one-and-one-half the amount of tar as is found in cigarette smoke.



Smoking:
Glamour don't!



Smoke free:
Glamour do!!

STRESS SAVERS

REHEARSE HOW YOU'LL HANDLE A STRESSFUL SITUATION IN YOUR MIND BEFORE IT HAPPENS. (PRACTICE MAKES EVERYTHING EASIER)

A LONG SOAK IN A HOT (PREFERABLY BUBBLE) BATH WITH YOUR FAVORITE MUSIC OR A GOOD BOOK TO ACCOMPANY YOU CAN SOOTHE AWAY THE WORST ACHES IN THE BODY AND THE MIND.

KEEP YOUR SENSE OF HUMOR. LAUGHTER TRULY IS THE BEST MEDICINE.

Alcohol and Drugs Fit Hand In Glove

Everyone of us is directly or indirectly affected by problems of drug abuse. We may be affected by parents or friends who use, or for many of us by crime. While it is conjecture, it would fit a typical pattern if the series of parking lot robberies on Western's campus recently was drug-motivated.

Many times people do not recognize the integral link between problems we are experiencing and alcohol or other drug use by ourselves or others.

Did you realize that alcohol use was involved in:

- 70% of all child sexual abuse
- 50% of all rapes
- 50% of all homicides
- 50% of all fatal car crashes
- 40% of all divorces
- 25% of all suicides

The link of drugs with crime is based on at least two primary factors: reduced inhibition and increased aggression and need for money to support a habit.